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Concentration, Methods and Helps.

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I. Virgo Vibrations. The Zodiacal sign Virgo, which is now in power, is, to a large extent, representative of the law of vibration. It is therefore desirable that we utilize its chemical powers in harmonizing "mind, body and estate." We should perhaps begin with the mind, for "As a man thinketh, so is he." We should try to weed out the crudities of thought which have perhaps resulted from carelessness, from prejudice or conventionality, from ignorance and from the now obsolete traditions, founded upon ignorance, which we have perhaps inherited from ancestors or from the race thought.

Our thinking is too largely a matter of mere geography or heredity, as may be known perhaps by our politics, our religion, or our conventional ideas. We think or accept things, whether true or false, simply because parents, friends, acquaintances or the public do. How few there are who have the independence, the vigor and the thoughtful discrimination, to think and act from *principles* which are *true* and to discard commonly accepted errors. Silently review your principles and your methods of thinking and acting. Are they truly representative of the soul and of the independence of Truth? Hold the thought: *Truth-is-my-reliance. I-dare-to-live-for-it. I-will-manifest-it-in-thought,-act-and-deed.*

2. **The Virgin**, or Virgo, symbolizes gender, femininity, purity, conservation, thought concentration, magnetism, involution and the first vibratory fruits of the law of vibration itself. This law is the polarity which makes all of these things possible. Thorough thought concentration, purity, the forgiveness (or wiping out) of sins, and true virginity, are always possible to both man and woman. Thought concentration is feminine or magnetic in quality and involutory in character. Man's true love is that interior law which is God. His forces being electric are in need of its magnetic balancing power. That law, being both masculine and feminine, is likewise woman's true ideal and polarity. The very indrawing or intuitional and involutory tendency of her forces is what makes them magnetic instead of electric. If she would retain or reclaim her virgin purity, let her be true to this tendency and intuitional power of her nature.

To invert the intuitions by ignorantly using them as a channel for the reception of external psychic forces, is to unconsciously lose one's true virginity by thus inviting and having semi-carnal or psychic intercourse with passion psychisms with which the invisible during sleep and at night is swarming. During sleep nearly all of the brain activity (and consequent psychic affinity) is through the Cerebellum or amative faculty. Sleep is a process of concentrating the forces which act chiefly through gender, of which the amative faculty is representative; but its true objects cannot be entirely fulfilled, so long as our wrong thought habits set up causes which invite dreams and invert the action of the intuitions, making of them an avenue for the reception of psychic leaches. This may seem horrible, but is nevertheless true and is the natural consequence of wrong thought habits and lack of habitual observance of the practice of true thought-concentration. These principles apply to both man and woman alike. Who are our perfect virgins? Who will

cast the first stone?" Hold the thought: *I-regain-and-re-tain-sex-balance-by-loving-devotion-to-that-interior-law-which-is-God.*

3. Genesis. "In the beginning was the word (Truth or vibratory law) and the word was with God and the word (or law) was God." The genesis of *rapid* evolutionary strides is that love of self-knowledge and consequent fidelity to, or co-operation with, the interior evolutionary law (God) which awakens its more powerful forces and therefore more rapidly fulfills its manifesting mission. "The Truth (or knowledge) shall make you free" is noticably in harmony with vibratory law and therefore can be absolutely relied upon, for all things are but the outcome, or products, of vibratory law—Truth—God. Our discovery of the cause of force, or law of vibration, was made entirely independent of the Bible and without even a thought of consulting it, but was afterwards found to be singularly in accordance with its esoteric teachings, not only regarding the creation, or Genesis of all things, but also with the whole Biblical account of the work of manifestation, or history of the soul. This all-sufficient key to scriptural interpretations throws a flood of light upon these sacred teachings and soon will, in connection with this work, be dealt with in a way which is bound to bring conviction to thousands who now doubt that the Bible is either scientific or true. Hold the thought: *I-now-polarize-my-forces-to-that-interior-causal-law-which-is-God. I-demand-its-esoteric-knowledge-that-I-may-manifest-its-omnipotence. I-invoke-its-blessings.*

4. Biology. True biology, or the science of life, necessarily revolves around the one law of vibration. Biologists, scientists and all great thinkers, have hitherto been in the dark concerning the origin and true science of life, simply because they did not understand this underlying law of vibration. Many of them deeply realized the importance of

understanding it and that hardly any great question of philosophy, or of life, could be finally and absolutely disposed of, until the exact workings of this law is clearly understood and explained. If they could but believe and understand the fact that it so explained in our course of study, they would allow nothing to prevent them from taking it, simply because nothing else could give such an impetus of success to their investigations and efforts; nor is there perhaps any one thing of equal importance to the lay mind, or ordinary student who would understand and conform to every condition which makes true success and happiness possible. These are of course strong statements, but they should be convincingly self-evident to comprehensive, thinking minds. From an understanding of this law, has evolved numerous scientific principles of life and occult practices, which are taught in our course of study and the Brotherhood degrees. The chief practice is this one of daily thought-concentration. Its underlying and related principles must be understood before its deepest esotericism can be entirely perceived; but we can each practice it even now, to at least some degree. Through practice we will gradually obtain deeper and deeper perceptions of its methods, its importance and its possibilities. Hold the thought: *I-am-the-law-of-life. I-will-understand-myself-and-the-science-of-true-living. I-delve-for-knowledge-to-its-true-source-within-myself.*

5. "In The Beginning was the word," and man is God's messenger in carrying "the word" or law of life, into manifestation. Each thinker must in time manifest its ultimates. Listen in the silence for the "lost word." Perhaps the "still small voice" within, will whisper it to you. Perhaps it will say, *I AM* it. Carry me—the real me—into the world. Preach to all creatures the law or gospel of man's inherent Divinity. Teach all to uplift the eyes of faith and trust, as a means of knowing and seeing this God within themselves

and others. Blessed are the true messengers of these glad tidings. We each are God's messengers. Truth and Love are the staple commodities in which we should deal. Loving hearts will bless us to the extent that we thus bring to them the true bread of life. Our opportunities for loving thought co-operation are always at hand and especially at the noon hour when the Sun is at its zenith. The Sun then casts no shadow, and there is no shadow of ignorance too dense for the arrow of loving thought to then penetrate. The true beginning is of course within ourselves. We should penetrate the depths of our own souls and find that "lost word" which, from the beginning, has been the message of Truth or God, which we are to carry to all nations. Hold the thought: *In-my-beginning-was-that-word-of-Truth-which-was-and-is-God-and-man. I-am-its-messenger. I-listen-for-its-message-to-my-heart. It-fills-me-with-joy-and-power.*

6. **The Power to Think**, is directly or indirectly, the sum total of man's Infinite inheritance. His present personality, or individuality, is the result of his own soul building through the use of that power. Inherent in that power, is endless possibilities and limitless reserved force. Whatever there is in the universe, is for whoever will pay the price of thought force and thereby appropriate it. There is no permanent foundation for true success, except merit. All true merit is but character or character-building and is founded upon the power to think. As a rule, this fundamental of success is almost entirely forgotten and life becomes little more than an agonizing, frantic and unsuccessful scramble for the *fruits* of power. Power and its fruits through action are one and inseparable. If we would concern ourselves more with power gaining through silent thought action, and less with the mere results, we would get more of both power and its fruits. He who has or will manufacture a useful talent and then use it, need have little fear but its products will find a

market. The world constantly desires and needs better things instead of cheaper things. There is misery and endless competition in mere cheapness. Its thought currents tend toward its low level. Silently meditate upon the question of your talents and their uses, and perhaps you will discover some method or opportunity of using your power to think in a way that will be more productive to yourself and others. Hold the affirmation: *I-am-my-higher-self,—my-power-to-think. I-desire-opportunities-to-use-this-power-in-higher-and-more-important-ways. I-desire-occupation-that-will-cultivate-my-best-talents-and-powers.*

7. **Adams Rib** or support in the work of manifestation, was his positiveness or outgoing evolutionary tendency. From this positive pole, support or vertebra of manifestation, was made its corresponding negative pole or counterpart—woman, ("Eve.") There can be no positive without its corresponding negative, and in that sense "It was not good (or even possible) for man to be alone." The positive or masculine and the negative or feminine principles in nature, are necessarily exact counterparts and equals. Man represents the outgoing or evolutionary tendency and in that sense is "first" or the "head" of the family in the work of universal manifestation. But woman represents the involutionary indrawing tendency to polarize back to Truth—the Father principle, and in that sense lies still nearer to the heart of God. Woman has more than ordinary capacity for successful effort in the coming spiritual evolution or revolution, because she is especially representative of spiritual and spiritualizing forces.

Occultists hold that man and woman need not and should not be separated in any part of the higher evolutionary road. The law of life in man and woman alike, is both masculine and feminine in its principles, and therefore is to be finally manifested in its fullness in each individual life. But man

and woman are natural helpers or help-mates during the entire process of soul evolution, even in the work of regeneration or conservation of the sex forces. Each student should know why and how, as a means of understanding how to make those fine adjustments in the sex life and in the relations of the sexes, which mean so much in the way of happiness, power and true success. As it is, a large percentage of students ignorantly permit themselves to be real enemies instead of rightful helpers of the opposite sex, in leading the higher life. Hold the thought: *How-can-I-better-adjust-my-sex-life-and-relations-with-the-opposite-sex. I-demand wisdom.*

8. Freedom. There is nothing so precious as wisdom. Ignorance is the only bondage. The only true freedom is perfect co-operation with natural law. "The truth shall make you free." We are bound by the tendencies and laws of our constitution to finally conform to the perfect universal principles underlying them. There is no vow or power that can permanently bind us to a method of wisdom-getting which is wrong or limited. Thought concentration is a method of wisdom-getting, or of co-operation with the interior force-massing law of our constitution which is *unlimited* in its possibilities. Force-massing or wisdom-getting is necessarily a matter of shackle-removing. Nothing but ignorance concerning the laws of force, has power to bind or limit the action of our forces. Every instinct within human nature will demand co-operation with the laws of the human constitution, simply to the extent that such co-operation is perceived to be the method of yielding the most personal happiness. That is why ethical principles cannot be taught with entire success, except in connection with the occult philosophy which proves that the instincts of selfishness—fidelity to the higher self or individualism is at one with the universal laws of Love and right, and that man

cannot afford to transgress any moral law. Meditate upon these perfect adjustments which make it impossible to obtain perfect and permanent happiness, success and power except by intelligent obedience to the perfect law of Love. Hold the thought: *I-am-free. The-law-of-Love-is-my-life. There-is-no-bondage-in-Love. I-demand-self-knowledge-and-wisdom-that-I-may-conform-to-the-perfect-law-of-my-constitution.*

9. Rule Thyself. "He that ruleth his own spirit is greater than him that taketh a city." Our true work is always at home with the cause. The soul is all related. In ruling it we gain conscious command of its endless correspondences. We cannot rule it except by forming a partnership with the all-related law of force, or spirit within ourselves. Silent communion with the interior spirit is the true vibratory thought method of forming this partnership or "everlasting covenant" with the God within. The vibratory fusing power of loving thought communion with this soul of your soul and life of your eternal life, serves to form an ever widening web, or sphere of influence and power, which is solid to the core. Its backing is omnipotent law itself. As it permeates not only your thought consciousness and bodily organism, but also your surrounding environments, it gives an upholding spiritual power which enables you to float to success in your every undertaking, and without the necessity of much bodily or external exertion. Improved bodily and mental conditions keep the working machinery in perfect condition and remove the possibility of friction. Worry, anger, etc., cannot enter a soul which thus becomes permeated with the faith and power of Divine Love. Follow this devotional method of permeating your soul and surroundings with the eternal fires of Love. Hold the thought: *I-now-form-an-everlasting-covenant-of-Love-with-the-Father-within. I-commune-with-this-innermost-essence-of-my-soul,-or-power-to-think.*

10. Love of Life. Esoteric students who catch fragmentary glimpses of the beauties of the higher spiritual life, are liable to ignorantly assume that earthly things are a misfortune and mistake, to be gotten rid of at the earliest possible moment. This broad assumption that God's method of manifestation is wrong, is hardly in accordance with true occult principles. What occultism demands of its students is the changed and spiritual attitude which is able to sympathetically perceive the interior meanings and lessons in common things, and consequently to get happiness and good from all things. Teachings which merely sow seeds of discontent, instead of the true seeds of Love, trust and happiness, are not the highest teachings, because lacking in the essential of universal Love. A philosophy which causes its students to pretend love for everybody and every thing *except* each other and the things around them, is somewhat lacking in the true spirit of Love, as well as in wisdom. Occultism convincingly teaches universal Love and that your Love should begin at home, with yourself, in the changed attitude which can truly love common things and common people however glaring their shortcomings. When we understand the underlying laws of things, we will perceive the Infinite promise which lies below the surface of the most lowly exterior. Will we then have the heart to condemn these lowly works of the Divine creative law? Most emphatically no. Nor will we be too hasty in discarding the common things of external life, for in our changed attitude will we extract happiness from them instead of misery or discontent. Hold the thought: *I-love-my-life,-and-all-manifestations-of-life. I-love-the-law-of-life-supremely.*

11. "Let there Be Light and there was light." Let there be the manifestation through you of your inherent powers. Let there be that illumination of your soul, which will make such manifestation possible. Let there be abso-

lute fidelity, on your part, to the occult principles and thought methods through which such illumination comes as an inevitable consequence. Let there be unwavering devotion to the philosophy, which teaches those principles and methods. Let the Holy (whole) Spirit within speak through you now. Let it say unto you and all, "this is my beloved Son in whom I am well pleased." Let its natural laws have uninterrupted access to your consciousness and to every atom of your being, so that by co-operation with this interior Father principle or law, it may be truly said of you, "*I-and-the-Father-are-one*." Let this benediction of the spirit "rest upon you and abide with you now and evermore"—

12. Desire. When the desires are properly controlled, their vibratory forces thus become converted into spiritual power. Woman naturally loves the man who is almost bursting with amative force properly controlled. All the natural desires are, in essence, but a desire for happiness, and if normal in their action are capable of yielding happiness. Love instinctively desires to give happiness. Love was the underlying impulse from which all desires originated. It is only through Love desires that the outward manifestation of Truth—the Father—becomes possible. If it were possible to "kill out desire," as so many metaphysical teachers so ardently but ignorantly advocate, to do so would also do away with the manifestation of Truth. Vibration becomes possible only through the desires and tendencies of a thinker. The essence of desire is necessarily thought, and its expression is the object of a thinker, for desire normally gratified, brings the consciousness of happiness—the object of creation. Man was born to be rich. His desires and powers imply the need of something more than a mere subsistence. Hold the thought: *I-will-subdue-my-desires-and-thus-hold-my-forces-so-that-the-pressure-of-desire-and-power-*

may-become-greater. I-demand-the-happiness-which-external-life-was-intended-to-convey.

13. Ideals. It is always the tendency of your highest ideals to become externally real. The perfect ideal is the only real, in the absolute sense. You are what you wish to be, yes more. Hold to your ideals, and they will quickly become externalized. Array on their side, instead of against them all the powers of your imagination, your desires, your faith, your intuitions, your understanding of occult laws, your love and your will. Use every intellectual and spiritual faculty as a means of giving clearness and definiteness to their outlines. Be sure that your ideals are in line with your individual tendencies, the natural laws and higher tendencies of the human constitution, for otherwise their powers would act as a boomerang and bring you evil instead of good. Nature's forces are so constructed that its only method of self protection is the boomerang. A deep insight into the constitution of man is an absolute necessity in the work of happiness finding. Formulate your ideas in the silence and when the mind and forces get thoroughly stilled, hold those ideals in thought and mentally see them grow into perfect fulfillment. A useful affirmation would be: *I-am-my-higher-self,-my-power-to-think. My-ideals-are-the-real,-for-otherwise I-could-not-think-of-them. The-highest-ideals-and-powers-must-become-manifest-through-me. I-demand-a-better-body,-better-mental-powers,-better-surroundings-and-all-that-could-make-life-better-and-happier.*

14. Continuity. Americans as a rule are comparatively brilliant, but if the scatteration of the forces continues to be cultivated at the old rate, this brilliancy will be almost as short lived as is the flashlight of Fourth of July fire-works. But its cultivation will not continue at the old rate. The occultists have already called a halt and occult students are rapidly forming the van-guard which will demonstrate the

desirability and necessity of concentration, or of massing power, instead of merely scattering it. The brain faculty of "continuity" is one of the weakest in the American head and character and constitutes a glaring defect. It can and should be cultivated by the practice of concentration in thought and act. There is power in calmness and repose. The leaders in the social, intellectual and business world, do not act as though their clothing was lined with yellow jackets. Their walk and actions at least suggest the possibility of the interior activity of the thoughts. They are not the ones who march in our St Vitus' parade. Try to be more reposeful and concentrated in your thoughts and acts. Cultivate the reposeful mood. Do not allow the thought forces to go ahead, from the act in hand to a proposed act of the future, unless perchance, you wish to train for failure instead of for success. The permanent mood of success is more important than is outward acts which are lacking in calmness, deliberation and repose, for the real activity is in the thought world of vibratory forces. Every act offers an opportunity for thought training and thought control. Hold the affirmation: *I-steady-my-forces—steady—steady—. I-maintain-reposeful-moods-of-success. I-feel—the-consciousness—of—power—. I-infuse-this-power-into-all-that-I-do. It-upholds-my-every-accomplishment.*

15. Philosophy pertains to the principles or science of life. We must live and therefore should live scientifically. The purposeless man or woman is an object worthy of pity. The one who pursues the wrong objects and methods of life is little if any less pitiful, and yet that is the almost inevitable result of neglecting a serious and intelligent study of the philosophy or science of life. The real object of all, is, directly or indirectly, happiness. Universal experience teaches that it is but rarely attained, and the cause must lie not in the absence of its existence but in failure to perceive and

follow the right methods, through ignorance of the true science of life. The cause of all misery is ignorance. By your neglect of the occult philosophy you are perhaps choosing failure, disappointment and misery. Do you not understand why? What folly! But do not cry over the past. The present and future are yours. Hold the affirmation: *I-desire-to-live-each-moment-for-my-best. I-concentrate my-forces,-that-my-spirit-may-teach-me-the-way-of-life. I-seek-the-mood-of-power-and-happiness. I-invoke,-from-within, the-power-to-maintain-that-mood. I-will-learn-and-apply-the true-science-of-Being.*

16. Method, order, system, good plans and good management are indispensables in the attainment of true business success. These qualities should have a spiritual origin and should be led by the "Holy Spirit" within man. In that way they become avenues for a constant outpouring of new ideas and spiritual power. This "Holy (whole) Spirit" should be thoroughly awakened, before plans and methods are finally adopted and then should be kept active until they are fully carried out. Thought-concentration as the true method of awakening it, should therefore also be habitually practiced as a means of keeping it and its congress of mental faculties duly active and in power. To be led of the "Holy Spirit" means to be led of the *whole* spirit and is the only method of insuring permanent unity in the action of the faculties. Until this is done the faculties which represent order, system, method etc., are not likely to entirely fulfill their important duties. Hold the thought: *I-am-led*

17. Divine Chemistry. The one law of vibration, or cause of force, is all and within all, and therefore overshadows the workings of all with its Divine harmony and omnipotence. There is no inharmony except in the surface vibrations of externals. If we would become at one with the interior harmonies of this universal chemical compound,

we need only to get into oneness with its overshadowing law within ourselves. There, all is peace, order, repose and power. When prairie dogs become alarmed they dive into their holes. When we ignorantly become alarmed or immersed in the retarded, discordant inharmonious surface vibratory currents, we have within ourselves a place of refuge and of harmony which can be reached without diving, viz, through thought-concentration.

Let us go there now by simply changing the attitude and activities of the thought consciousness to that introspective stillness and "peace which passeth all understanding." Hold the thought: "*Peace-be-still.*" Thus still the over-activities of the senses. Reposefully hold the thoughts to a center. If they wander, then quietly haul them back, and keep doing so until they get steady and concentrated. As they get started toward the involutory consciousness, the task becomes easier and easier until all becomes blissfully steady and peaceful. Do not too quickly disturb the mood thus attained, but carefully avoid allowing the consciousness to drift.

18. Touch and Touchiness. Sensitiveness to harmonies or inharmonies implies discrimination if free from what might be termed "touchiness." The wasp is touchy. Sensitiveness should mean something more than a waspy condition of disordered nerves. It should mean that adherence in consciousness, to the higher self, which brings to us the discriminating powers and leadings of its chemical law. Thus may we obtain and follow its leadings even in the details which pertain to everyday life and particularly in the more important events of life. If we would find, trust and follow these leadings in the choice and use of foods, we would be less apt to clog the system with an oversupply and thus throw upon the nerves and vital organs a load which makes them "touchy" as a mere matter of self-defense.

Discrimination in regard to the selection, quantity and use of foods etc., is a Virgo characteristic which we should cultivate even when under the influences of other Zodiacal signs. Hold the thought: *I-govern-myself-by-true-basic-principles. I-am-sensitive-to-the-leadings-of-the-higher-self.*

19. Mechanics. The universe might be regarded as a complicated but perfect machine. The law of vibration is its secret. This law explains the whole and likewise the general workings of its every separate part. To comprehend the whole system requires a cultivated and active mechanical instinct. The constructive faculty acts with reference to thoughts, ideas and principles, as well as in connection with things commonly regarded as purely mechanical. If we would understand ourselves or the exact workings of our power to think, we must use our mechanical and other faculties in studying and comprehending the all-inclusive law of vibration, and also the various functions, relations and inter-relations of our forty-two or more mental faculties. All successful accomplishment, including the building of machines, necessitates a general understanding in advance, of the objects to be gained and of the adaptations and methods of action of each part or factor in the structure. What is your problem in life? What is your purpose, your methods of accomplishment and the weak points, if any, in those methods? Silence your every sense and faculty until the spirit within, pushes for utterance. Then, if possible, answer the question while each faculty is at its best and filled with the spirit which is all, within all and overshadowing all. Hold the preliminary thought: *The-I-exercise-spiritual-understanding-and-discrimination-in-all-things. My-own-comes-to-me. I-do-not-attract-inharmonious.*

20. Conscience is that innate monitor or faculty which functions the desire for abstract right. Its sense of right becomes educated through bitter soul experiences covering

passional faculties during sleep and drain us of precious forces without our even knowing it. We will find it impossible to entirely conserve the reproductive vibratory fluids, so long as we neglect and misuse these occult practices of concentration, which, when wisely used, by awakening and maintaining the true interior flow of vibratory force, thus protect us from all less positive external forces. If we would insure a constant supply of that interior joy giving force, from the higher self, which also gives power and efficiency in action, we must exercise due fidelity to the true principles of thought concentration. There is no other satisfactory way. Hold the thought: *I-am-truc-to-my-higher-self. I-practice-the-truc-principles-and-methods-of-thought-concentration. I-draw-upon-the-interior-vibratory-forces-only. I-am-my-higher-self.*

22. Clairvoyance. A large percentage of those who investigate the mysterious workings of nature's finer forces are led to do so through an interest in some of the various forms of psychic phenomena. Thousands never get beyond this mire-hole of so called occultism. There are countless thousands, even of those who perhaps have never heard of psychic phenomena as such, who are fairly reeking with its filth and miasma. In fact there are perhaps comparatively few who adhere to occult principles and methods with sufficient fidelity to entirely free themselves from all taints of these inversions of those principles. The clairvoyant or intuitive faculties are designed by nature to act as an avenue through which the thought consciousness can get Truth, power, harmony and happiness, at first hand, direct from the Infinite vibratory law of force or fountain of Truth and omnipotence within. This use includes all other uses of these faculties. As "all things evolve from within outwards" there is no need whatever of that inverted action and receptive condition of these clairvoyant faculties which would enable

ages of time. The fearing faculty of "caution" which "dreads the fire" of repeating such experiences is its right hand man. Conscience acts according to its highest knowledge of right and wrong. It is dependent upon other faculties for this knowledge. At its best it is but representative of negative right. It is the law nature, or "shalt not," of the last eleven Biblical commandments, and cannot become perfect until it is inspired by the "thou shalt" of the first commandment of Love. Conscience when backed by fear, superstition, ignorance, intense selfishness and over-abundant executive force, hangs or burns "witches" as a "religious principle" (founded on ignorance.) Perhaps you are yet hanging or burning the witches of new spiritual thoughts, principles and truths. If so you are thus using your powers in consuming your own possibilities, prospects and opportunities. You thus cheat yourself of progress and happiness. Try in silence to awaken within yourself that loving spirit of understanding which "casteth out fear," ignorance and penalties, and which is ever receptive to the bewitching influences of interior spiritual forces and truths. Hold the affirmation: *I-demand-a-perfect-understanding-of-the-principles-of-life. I-demand-power-to-conform-to-those-principles. I-respect-all-forms-of-life. I-demand-wisdom. May-the-spirit-bless-me-and-mine. The-world-is-my-family.*

21. **Sensitiveness** to the interior law should and will bring foresight and perception; but not the deceptive psychic serpent of receptivity to mere externals. During thought-concentration we should become passive, negative and receptive to the inner vibratory forces *only*. We cannot exercise too much discrimination at this point, and at all times should religiously rule out every external psychic stranger which knocks for admittance to the thought consciousness. If we open up these psychic doors, or intuition-al avenues, for such strangers to enter, they will act upon the

the entire subject, either through our Brotherhood degrees or otherwise.

24. Psychic Power. As a rule, every power increases by use, but psychic powers cannot be increased or even preserved, through the ordinary methods of their use, or rather misuse. Those methods deplete and scatter the forces and therefore lead in the direction of psychic insanity. The alarming increase in insanity is due almost wholly to those and other methods of depleting the soul powers. To use the psychic faculties in clairvoyant ways, is to cultivate moods which not only carry the consciousness out of the bodily temple, but which also act as doors through which swarms of psychic demons can enter and rule. The disconnected and disjointed words, thoughts and actions of the insane, are but spoken wails and silent echoes from the psychic or unseen world. Insanity is nearly always accompanied by some perversion of the sex functions which in most cases is caused by thus becoming a victim of psychic vampires who live on these borrowed vibrations of sex forces. To psychically step out of the body, is to turn traitor against the individuality and interior God. There are countless thousands who ignorantly do this, and the only way to entirely avoid it is by the force-massing practices which occultism offers. That vacant stare and soulless expression, which is so common with people who have dried up, at least so far as their interests in life are concerned, is due to the thought scattering and other methods of stepping out of the body. As you concentrate and become silent today, let the thought reposefully dwell upon that life interest which lies nearest your heart. Hold the thought: *I-will-wisely-gratify-my-deepest-desires. My-constitution-is-holy-and-righteous.*

25. Psychic Perception. Libra characters are, as a rule, liberally endowed with the powers of psychic perception. They should exercise great wisdom in their use of such

powers. These soul capacities are organized largely through the concentrating powers of gender or sex. Their use of these powers determines, to a large degree, whether or not they will balance the scales of Libra. Libra is representative of the reproductive nature. The scales of Libra justice, must become balanced at that point of conservation (of the sex forces) where true transmutation and regeneration becomes possible. By thus conserving the psychic germs which are organized through sex, the Libra perceptions and intuitions are quickened and become almost infallible.

If you would become truly illumined, then go to that interior source of light where there is no darkness or ignorance. Hold your thought consciousness as a medium for that light and it will shine more and more through your every outward act. Light is an indispensable of life. To turn your psychic or intuitive faculties to the without, is to allow foreign bodies to enter and produce perhaps a total eclipse of your Sun of life. This tends to shut you off from your life supplies. Hold the affirmation: *I-have-the-perception-and-spiritual-understanding-to-apply-those-interior-methods-which-produce-spiritual-illumination. I-see-God-face-to-face,-to-the-extent-that-I-find-the-within.*

26. Foresight. Let us set up vibratory causes which will surround us with an armor of protection against mistakes. Let us create those constructive and harmonious interior thought currents of Infinite good which will protect us from accidents, emergencies, scandals, fires, robberies, burglaries etc., so that when the brick accidentally falls from the scaffold, we will not be in its thought current. The intuitive faculties act with reference to things which mere reason cannot know of—because dependent upon facts not yet transpired. They send spiritual forces or thought currents ahead of the body and thus create that so called good luck, or foresight, which is the natural result of being led

the spirit. We are, by our moods of mind, constantly creating thought currents good or bad, but should at times start more positive and specific spiritual forces and with definite objects in view such as the attainment of foresight, protection, spiritual perception, etc.. Hold the affirmation: *I-now-surround-myself-with-a-spiritual-armor-of-protection-against-all-harm. I-live-in-the-thought-currents-of-Infinite-good. I-demand-wisdom-and-foresight. I-am-led-of-the-spirit-to-the-right-thought,-the-right-speech-and-the-right-action,-at-the-right-time-and-in-the-right-place.*

27. Sagacity and shrewdness are terms which, as ordinarily used, imply dishonesty, trickery and deceit. True sagacity avoids trickery and deceit as it would the leprosy, in the sure knowledge and faith that the eternal laws of Right, Justice and Love must inevitably prevail. Such sagacity is the product of that deep insight which is able to mentally penetrate to the heart of things, and to understand their interior workings and methods of action. To thus send the thought forces to the interiors of things, is to set up attractive causes or force currents which will lead them to action, therefore sagacity is, to an extent, that co-operation with and perception of natural laws, which creates the causal forces that bring its subsequent success. Begin with yourself. Penetrate in thought to the interiors of your life methods, and exercise true sagacity in finding and removing the obstructions and barriers to your success. Is your health perfect? Then make it so. Is your business righteous and sufficiently successful? Then ferret out the weak points. Are you happy and joyous? Are you fulfilling all the responsibilities of life? Self improvement should be the keynote to your efforts in thought concentration, for with it comes powers and opportunities, the very attainment of which brings many consequent achievements. Hold the thought of spiritual insight regarding the undercurrents of

your own life, also the affirmation: *I-demand-the-insight-to-penetrate-to-the-strong-and-weak-points-in-my-life-and-life-methods.*

28. Divine Inward Breath. We imbibe life by a trinity of methods and sources, chief of which is the divine inward breath. Foods are dependent for their assimilation upon pure blood. That in turn is dependent upon breath or oxygen, as a means of removing dead tissues and building up new ones; and the power of common oxygen, or breath, to do that, is dependent upon a certain impulse of life which might be called spiritual inbreathing, or the divine inward breath of scientific devotion and thought concentration. This latter factor, if properly applied to health, would yield better results, even from a poor and limited supply of foods and oxygen, than could be obtained from an abundance, but with its absence, therefore should be given thoughtful attention by him who would know what true living means. Your mentality is your soul principle, or life. Properly cultivate your forty-two mental faculties, and good health as well as happiness and success will follow. Silently steady the mind and then think of your higher self as an everlasting law of life. By properly holding this in the consciousness, you gradually eliminate from the consciousness the fear of and tendency toward physical death. Hold the affirmation: *I-am-that-indestructible-and-omnipotent-evolutionary-law-which-is—all—and-within—all-here—and-everywhere—now—and-forever. I-am-now-conscious-of-its-holy-presence.*

29. Drawing on The Unseen. The air is unseen. By your attitude of mind try to convert the oxygen of air, into the higher vibratory force of true life. Let the process of combustion or transmutation take place between this coarse form of oxygen and the higher potencies of the divine inward breath. Thus may it become converted into an ecstasy of

physical life. Reposefully breath deeply, and as you do so think of your fondest and highest life hopes. As you exhale, think of those hopes as purposes which are now being accomplished through the occult powers of breath backed by divine law. The breath thus acts as a carrier for potent thought forces. After a few slow repetitions of the above, then substitute the syllable *O.M.* as you inhale, realizing at the same time that you are thus drawing nearer to the true home of the soul, or law of life and power within yourself. As you slowly expel the breath, think of these powers as going to your every environment. After this practice has been slowly repeated for a few times, then slowly extend the arms with palms downward, using only sufficient strength to hold them up. As you slowly inhale, gradually close the hands and tighten their grip (not too tight) until your lungs are *full*, then hold the breath and try to feel the pleasant sensations of the nervous system and of the incoming life through that avenue. There are important occult reasons for doing this and for frequently repeating the process. The entire subject will be thoroughly dealt with later.

30. The Holy of Holies. There is no reason why the noon hour cannot be made the most pleasant and profitable of each day. As the higher potencies of thought concentration are reached, its vibratory powers to bless, will increase until finally it becomes a holy of holies second only to that interior holy of holies from which its rich blessings are derived. Utilize the hour today in reposefully reviewing your noonday experiences of the month and in picking out the brighter ones as helps for the future. By thus building their essences more deeply into the subjective mind, you will be stronger, better and nobler in every way. It would be desirable to resolve that some part of each noon hour during the coming month will be devoted to this practice, and if you will note your progress by recording in a book kept for

the purpose, the best thoughts impulses, etc., which come to you from time to time, you will doubtless find the practice interesting and important in the work of character-building.

NOTE.—We recommend that our four volumes, or text books of occultism (by Ernest Loomis, price \$1.25 each) and also Eleanor Kirks "Influence of the Zodiac upon Human Life" be used in connection with these daily subjects.

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